

Durham SENIOR GAMES

April 22–May 3, 2003

Registration fee: \$5 Early bird deadline (save \$2) by:

Monday, March 24, 2003

Registration fee: \$7 after March 24th. Official deadline:

Friday, April 11, 2003

*“You don’t stop playing because you grow old ...
You grow old because you stop playing.”*

Sponsored by:

**The City of Durham Parks and Recreation
Department**

in coordination with:

YMCA of the Triangle

Durham County Health Department

Durham Arts Council

Council for Senior Citizens

Durham County Retired & Senior Volunteer Program
(RSVP)

and NC Cooperative Extension Service

For more information, call (919) 560-4355, ext. 308

*This program is sanctioned by North Carolina Senior Games,
Inc. (NCSG) sponsored statewide by the NC Division of Aging.*

*All events offered by **Durham Senior Games** will be offered
at the **North Carolina Senior Games State Finals.***



Important Information

Durham Senior Games 2003 welcomes you to its celebration of fun, fitness, and fellowship! We look forward to an exciting Game where many of you will qualify to compete at the North Carolina Senior Games State Finals. Let the Games begin!

1. To be eligible to participate, you must be 55 years of age or better on or before August 1, 2003. Proof of age may be required upon request. You must also be a Durham County resident for a minimum of 3 consecutive months of the year.
 2. Competition will be by age and sex divisions as follows: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. Your age as of August 1, 2003 will determine the age category in which you will compete. All participants must compete in their age division unless otherwise determined by the Event Manager.
 3. In doubles events, the age of the youngest player is used to determine the age group for competition. In team events, the age of the youngest player on the team roster determines the age group for competition.
 4. Durham Senior Games must receive your Official Entry Form by 5 p.m. Friday, April 11, 2003. *The deadline is strictly enforced in fairness to all participants.* Late entries will be returned if received after April 11, 2003.
 5. Medals are awarded to the 1st, 2nd, and 3rd place finalists in each age & sex division for all events except the *SilverStriders* Fun Walk.
 6. You will receive a written confirmation from Durham Senior Games. Important! If you have not received your confirmation within two weeks, or by April 18, it is your responsibility to contact Chaunesti Lyon at (919) 560-4355, ext. 208 to verify that your entry form was received.
 7. As a participant, your entry fee includes a Durham Senior Games t-shirt, an official program, a participant number, and participant gifts. Participants can pick up their registration packets at their first event.
- Durham Senior Games officials reserve the right to cancel any event due to insufficient registration, or to combine age groups.
 - No events will be delayed for latecomers. Match time is forfeit time. No shows – no refunds.
 - Durham Senior Games officials reserve the right to cancel or postpone events due to inclement weather or unusual or extenuating circumstances. There will be no refunds for a cancelled or postponed event. We have set rain dates for most events, but will make every effort to follow the established Games schedule. Come prepared for all types of weather. Call (919) 560-4355, ext. 308 during the Games for a recording of any schedule updates.
 - The safety and sportsmanlike conduct of everyone is of paramount concern. Durham Senior Games officials have the authority to disqualify, and/or remove, from current and future Durham Senior Games programs, anyone who exhibits inappropriate behavior or a condition of medical concern.

Special Events

Opening Ceremonies

This exciting event will take place on Monday, April 22, 2003 at 10 a.m. at the American Tobacco Trail. It will follow the *SilverStriders* Fun Walk with the torch lighting, entertainment, food, and special guests. This will be a festive event!

***SilverStriders* Fun Walk**

A non-competitive, 1-mile recreational walk to take place on the American Tobacco Trail. It will begin and end at the trail entrance point across from the Durham Bulls Athletic Park. Warm up for the Games and enjoy fun, fitness, and fellowship!

***SilverArts* Exhibition**

The *SilverArts* Showcase is a part of the Durham Senior Games and provides competition in Literary, Visual, Heritage, and Performing Arts. The purpose of *SilverArts* is to celebrate the creative spirit of older adults through competition. For more information contact Amanda Johnson at (919) 560-4270. ** All SilverArts events will be held at the Durham Arts Council, 120 Morris St., Durham, NC 27701 (919) 560-2787.* This performing arts competition will take place during the *SilverArts* Exhibition on Saturday, May 3, 2003 at 12 noon at the Durham Arts Council. A reception will take place after the Exhibition for participants and guests. Artwork will be displayed from 11:00 am-2:00 pm and some will be available for purchase. Admission is free to all Durham Senior Games participants. For more information, contact Amanda Johnson at (919) 560-4270.

Durham Senior Games Official Entry Form

(Please print clearly or type)

First Name	Middle Initial	Last Name	Age	Date of Birth
				(as of August 1, 2003)
Street Address		City	State	Zip Code
()			Sex <input type="checkbox"/> Female	<input type="checkbox"/> Male
Area Code	Telephone #			

Statement of Release/Liability Waiver for Durham Senior Games

Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the 2003 Durham Senior Games athletic/ sports program, and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or other, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE Durham Senior Games, their officers, officials, agents and/ or employees, other participants, sponsoring agencies, sponsors, volunteers, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss of damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
5. I will not hold Durham Senior Games responsible or its representatives for loss, theft, or damage to *SilverArts* entries. All entries not picked up at the designated time will become the property of Durham Senior Games.
6. I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry Packet. The State Finals Entry Form must be received in the NCSG office in Raleigh by 5 p.m. on August 1, 2003. I understand that this deadline is strictly enforced in fairness to all.

REQUIRED Health Information:

1. Please list any medications you are taking: _____
2. Please list any allergies you have: _____
3. Please describe any past or present medical diagnosis that we need to be aware of: _____

REQUIRED Emergency Contact Information:

1. Name _____ Relationship _____ Phone () _____
2. Name _____ Relationship _____ Phone () _____
3. Personal Physician _____ Phone () _____

I have read this release of liability and assumption of risk agreement, fully understand it's terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Printed Name

Signature

Date

WAIVERS MUST BE SIGNED AND DATED TO PROCESS THIS FORM.

**By entering the Durham Senior Games, I grant Durham Senior Games and its sponsors the right to use my name, quotes, and any pictures taken of me during the Games without remuneration.*

Events

Individual Sports

☐ Basketball Shooting
☐ Spincasting
☐ SilverStriders Fun Walk
 (1 mile non-competitive)
☐ Football Throw
☐ Standing Long Jump
☐ Softball Throw
☐ 1500M Race Walk
☐ 100M Dash
☐ 200M Dash
☐ 400M Dash
☐ 800M Run
☐ 1500 M Run
☐ 5K Run

Swimming- Swimmers may enter a maximum of 5 swimming events

<input type="checkbox"/> 25 Yd. Breaststroke	<input type="checkbox"/> 100 Yd. Butterfly
<input type="checkbox"/> 25 Yd. Butterfly	<input type="checkbox"/> 100 Yd. Freestyle
<input type="checkbox"/> 25 Yd. Freestyle	<input type="checkbox"/> 100 Yd. Backstroke
<input type="checkbox"/> 25 Yd. Backstroke	<input type="checkbox"/> 200 Yd. Butterfly
<input type="checkbox"/> 50 Yd. Breaststroke	<input type="checkbox"/> 200 Yd. Freestyle
<input type="checkbox"/> 50 Yd. Butterfly	<input type="checkbox"/> 200 Yd. Backstroke
<input type="checkbox"/> 50 Yd. Backstroke	<input type="checkbox"/> 200 Yd. Breaststroke
<input type="checkbox"/> 50 Yd. Freestyle	<input type="checkbox"/> 100 Yd. Ind. Medley
<input type="checkbox"/> 100 Yd. Breaststroke	<input type="checkbox"/> 200 Yd. Ind. Medley
	<input type="checkbox"/> 500 Yd. Freestyle

Bowling (\$3.90/person for 3 games)

Only scratch medal winners may advance to NCSG State Finals

☐ Singles
☐ Doubles Partner's Name: _____
☐ Mixed Doubles Partner's Name: _____
 Please indicate your bowling average: _____

Golf- (\$22) Low gross medal winners may advance to NCSG State Finals

To qualify for the State Finals, golfers need to met a minimum performance score (MPS) and finish in the top 3 in their age group. MPS available from your Coordinator.

Indicate handicap or average score _____

Tournament Sports

Basketball Tournament

Team Name _____
 Name _____
 Captain's Name _____
 Phone # _____ - _____

Softball Tournament

Team: _____
 Captain's Name _____
 Phone # _____ - _____

Tennis - See notes on Event Schedule pg. 8

☐ Singles
☐ Doubles Partner's Name _____
☐ Mixed Doubles Partner's Name _____

Table Tennis

☐ Singles
☐ Doubles Partner's Name _____
☐ Mixed Doubles Partner's Name _____

☐ Billiards

☐ Horseshoes

☐ Shuffleboard

☐ Racquet Ball (*Singles*)

Badminton

☐ Singles
☐ Doubles Partner's Name _____
☐ Mixed Doubles Partner's Name _____

SILVERARTS Entry Form

Eligibility - Entries must be original works of the artist, created after the artist is 55 years of age or older, and within two years of the Durham Senior Games dates. Entries must not have been entered in any previous *SilverArts* competition. Artists' name and title of entry must appear on, or be attached to entry for identification. See specific sub-category requirements for additional information on submission requirements.

Submission - All artwork in the Visual and Heritage Arts competition, must be submitted on *Friday, May 2, 2003 from 11 a.m. – 2 p.m. at the Durham Arts Council*. Literary Arts entries should be *sent with* registration information. No late entries accepted.

Judging - Judging will be closed to the public. Winners in the Literary, Visual, and Heritage Arts categories will be recognized during the *SilverArts* awards ceremony after the Exhibition.

Pick-up of artwork - All artwork must be picked up following the *SilverArts* Exhibition, *Saturday, May 3, 2003 from 2 – 3 p.m.* Items not claimed during the stated time will become the property of Durham Senior Games.

Visual Arts Division

A. Painting

- | | | |
|--|--------------|-------------------|
| 1. <input type="checkbox"/> Watercolor | Title: _____ | Framed size _____ |
| 2. <input type="checkbox"/> Oil | Title: _____ | Framed size _____ |
| 3. <input type="checkbox"/> Acrylics | Title: _____ | Framed size _____ |
| 4. <input type="checkbox"/> Pastels | Title: _____ | Framed size _____ |

B. Drawing

Medium _____ Title: _____ Framed size _____

C. Sculpture

Medium _____ Title: _____

D. Photography

Color ☐ Black & White ☐ Title: _____ Framed size _____

E. Mixed Media

Title: _____ Framed size _____

Literary Arts Division

A. ☐ Poem Title: _____

B. ☐ Short Story Title: _____

C. ☐ Essay Title: _____

D. ☐ Life Experiences (autobiographical) Title: _____

Performing Arts Division *(Only the highest scoring performing arts act will be eligible to enter NCSG State Finals.)*

A. ☐ Comedy / Drama Description: _____

B. ☐ Dance - Solo Description: _____

C. ☐ Dance - Group Description: _____
Group Name _____ # of participants in act _____

D. ☐ Line Dance - Group Description: _____
Group Name _____ # of participants in act _____

E. ☐ Vocal - Solo Description: _____

F. ☐ Vocal - Group Description: _____
Group Name _____ # of participants in act _____

G. ☐ Instrumental - Solo Description: _____

H. ☐ Instrumental - Group Description: _____
Group Name _____ # of participants in act _____

Heritage Arts Division

A. **Pottery** (*Hand Built & Thrown*): Description of piece: _____

B. **Basket Weaving**: Description of piece: _____

C. **Rugs** (*Hooked, Braided, & Woven*): Description of piece: _____

E. **Jewelry**: Description of piece: _____

F. **Stained Glass**: Description of piece: _____

G. **Weaving**: Description of piece: _____

H. **Woodcarving**: Description of piece: _____

I. **Woodworking**: Description of piece: _____

J. **Needlework**: Description of piece: _____

K. **Quilting**: Description of piece: _____

M. **Crocheting**: Description of piece: _____

N. **Knitting**: Description of piece: _____

Registration Fees

Received **ON** or **BEFORE**

March 24, 2003 ➔ \$5/person

Event Fees (*Required in addition to the above entry fee.*)

Golf ➔ \$22

Bowling ➔ \$3.90

Received **AFTER**

March 24, 2003 ➔ \$7/person

Entry Fee Subtotal \$ _____

Golf Fee \$ _____

Bowling Fee \$ _____

Subtotal \$ _____

TOTAL Amount Enclosed \$ _____

**Do not send cash. Please make checks payable to: Durham Parks and Recreation. All refund requests must be made in writing. Refunds will not be provided for "No shows".*

All participants receive a Durham Senior Games t-shirt!

Please indicate size by circling one of the below (shirts in men's sizes):

Small

Medium

Large

X-Large

XX-Large

Heritage Arts

- Entries must be the work of the individual and not a group effort.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- All framed work must be securely wired, ready to be hung (no serrated hooks or string). Two dimensional work not properly framed and wired will not be displayed.
- Framed works can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- Entries must be the original work of the artist, must be a work created *after* the artist is age 55, and must have been completed within 2 years of the Local Games' qualifying date.
- Artists, or their representatives, must be able to deliver and pick-up the entry at/during the designated times.
- The heritage arts piece entered at State Finals must be the same piece that won at the Local Games.

Performing Arts

- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing begins with the first note of music or the first movement visible to the audience and ends with the exit of the last performer from the stage or final movement of the act.
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will not be counted to determine group size.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- If a cassette tape or compact disc is used, artist/group leader must provide to NCSG (with *State Finals Entry Form* and *SilverArts Information Form*) a high-quality cassette tape or compact disc for performance, with music at the beginning of tape/disc. No recorded instruction is permitted on the tape. Artists should pick up their tape/compact disc after the performance, they will not be mailed/returned.
- At State Finals, Senior Games can provide the following items: microphone(s), piano, cassette player, compact disc player. The act is responsible for all other props (including music stands, chairs, etc.) and must get NCSG approval for use at Show.
- Voice presentations must be a *live* performance by the artist. Background music can be taped. Lip-synch is not permitted as a performing art.
- The Group Leader must complete the *SilverArts Information Form* for the group and submit it with their *State Finals Entry Form*

April 2003

S	Mon	Tue	Wed	Thu	Fri	Sat
Durham Senior Games Schedule		1	2	3	4	5
		8	9	10	11	12
		15	16	17	18	19
		22 Opening Senior Games Fun Walk 9:00am at the American Tobacco Trail	23 Track & Field Events 9:00 am Durham School of the Arts	24 Golf 7:30 am Hillandale Golf Course	25 Horse Shoes 9:00am Shuffleboard 10:30 am Oldham Towers	26 <i>(Rain date for Track & Field 9:00am Durham School of the Arts)</i>
27	28 Bowling 9:00 am AMF Lanes Softball 1:00 pm Durham Athletic Park <i>(Rain date for Fun Walk 8:00 am Tobacco Trail)</i>	29 Swimming 9:00 am Downtown YMCA Tennis 1:00 pm Forest Hills <i>(Rain date for Softball 11:00 am DAP)</i>	30 Basketball Shooting 9:00 am Downtown YMCA Basketball 3 on 3 10:00 am YMCA <i>(Rain date for Tennis 1:00 pm Forest Hills)</i>	1 May Badminton 9:00 am Downtown YMCA <i>(Rain date for Golf 7:30 am Hillandale Golf Course)</i> <i>(Rain date for Horseshoes 9:00 am)</i>	2 Racquetball 9:00 am Campus Hills Rec Center Table Tennis 10:00 am Campus Hills Rec Center Silver Arts Drop-off 11-2 Durham Arts Council	3 SilverArts 11:00-4:00 Durham Arts Council

Event Notes:

- **Bowling:** Awards will be given for scratch scores in singles. Only scratch medal winners in bowling events may advance to NCSG State Finals.
- **All Doubles Events:** Age group competition will be determined by the age of the youngest partner. No substitute partners are allowed. You must compete with the partner indicated on the Official Entry Form.
- **Golf:** Low gross medal winners may advance to NCSG State Finals.
- **Swimming:** Participants can enter a maximum of five (5) swimming events.
- **Tennis:** Participants can enter a maximum of two (2) tennis events. Players are required to bring a can of new balls for each match. *Durham Senior Games will not provide racquets or balls.*
- **Racquetball:** Players are required to bring their own racquet and balls. *Durham Senior Games will not provide racquets or balls.*